

[On the Front Cover]







CARAT 2010: Expanding the Network

Southeast Asia plays a significant role in the economic development and security of the world as it fuels the global economy through some of the most navigated sea lanes in the planet. To develop cooperative relations with the nations of this region the U.S. Navy participates in an annual series of bilateral maritime exercises known as Cooperation Afloat Readiness and Training. The exercise has become a model of excellence from which defense postures are refined, training scenarios are honed and friendships are cultivated.

Photo by Marine Corps Lance Cpl. Kowshon Ye



Sailor of the Year: Best of the Best

The 2009 Sailor of the Year recipients were meritoriously advanced to chief petty officer during a recent pinning ceremony hosted by the Master Chief Petty Officer of the Navy (SS/SW) Rick D. West, at the U.S. Navy Memorial, Washington, D.C.

Photo by MC₂(EXW) Todd Frantom



Around the Fleet Something to Think About 32 Focus on Service This Just In

Navy Mentors Future Leaders

Some Sailors today – many of whom were Boy Scouts as school-aged young men – are recognizing the importance of continuing their involvement by volunteering their time and expertise. This summer more than 43,000 Boy Scouts converged at Fort AP Hill, Va., for the weeklong centennial celebration of the National Scout Jamboree, where Sailors had the opportunity to introduce potential American leaders to the fundamental values of the U.S. Navy.

Photo by MC1 Andrew Meyers

[Next Month]

History

Celebrate the Navy's Birthday in photos as we look back on the last year in our Any Day in the Navy issue.



Speaking with Sailors

Force Master Chief (SS) John J. Snyder, Naval Education and Training Command

"There is no substitute for experience however, when experience is not readily available, there is no substitute for training."





imitz' words are as true today as when he spoke them decades ago. In the past few years we have seen an expanded use of the fleet in operations around the world, with additional responsibilities for our Sailors as they fill individual augmentee (IA) positions in Iraq, Afghanistan and elsewhere. Through the continued successful execution of the Maritime Strategy, the Navy is proving it truly is a "Global Force for Good."

Enabling these successful operations is the backbone of the U.S. Navy – our Sailors – a highly-skilled and capable maritime force that is the benchmark for other sea services around the world. If it were not, we would not have more than 150 nations knocking at our door to send their military members through our training.

In today's technologically advanced Navy, our Sailors, by necessity, must have the knowledge, skills and abilities to handle sophisticated systems and weapons. They must also develop critical thinking skills that enable them to grasp complex problems and quickly create solutions.

Instilling this level of expertise in young Sailors is not done quickly. For our enlisted Sailors, we take civilians and in a few short weeks or months, depending on the rating, teach them apprentice level skills. These new Sailors continue to learn and hone their skills under the guidance of the experienced leading petty officers and chief petty officers in the fleet.

We have embraced technology to support the training within our schoolhouses. These endeavors have resulted in the use of blended learning solutions that include instructor-lead training, simulation, computer-based training and technical training equipment.

We deliver only about 33 percent of our apprentice level training with computers in electronic classrooms. The Navy's instructors are fully screened and qualified experts in the content they teach and learning is reinforced through the use of hands-on training, which might take the form of actual hardware or simulation.

Naval Education and Training Command (NETC) continues to work closely with the fleet to determine the best training to support their needs. We have never, and will never, create training in a vacuum.

As part of our curriculum development, NETC's learning centers partner with their associated fleet enterprise to identify requirements linked to validated jobs or billets. Training is then created or modified to support those requirements. Another way we partner with the fleet is through periodic reviews of courses through the human performance requirements review system. Fleet subject matter experts are asked to return to training commands to assist in aligning individual training requirements as they apply to a specific rate, community, course, weapon, operating system or fleet operational procedure.

Continuous, active participation with our customers in the fleet is essential to ensuring our Sailors receive the highest quality training possible. To this end, NETC training commands welcome fleet leaders, particularly our senior enlisted leaders, to visit the training commands and see what's new. For those outstanding petty officers who want to help shape the future Navy, your detailer can give you information on applying for instructor duty.

Our doors are open, and we welcome the best of the best. 🗚



Number 1122 | SEPTEMBER 2010 www.navy.mil

Secretary of the Navy

The Honorable Ray Mabus

Chief of Naval Operations

Adm. Gary Roughead

Chief of Information

Rear Adm. Dennis Moynihan

Director

Defense Media Activity-Anacostia

Capt. Herman Phillips

Acting Chief of Production
Paul Lannon

Chief of Publishing

Lt. Cmdr. Ligia I. Cohen

Deputy Chief of Publishing
Lt. Reagan Balsamo

EDITORIAL

Editor

Marie G. Johnston

Assistant Editor/LCPO
MCCS(AW/SW) Ernest W. Frazier

Photo Editor/LPO
MC1(AW) R. Jason Brunson

Photo Editors

MC1(SW/AW) Andrew Meyers MC2(EXW) Todd Frantom

Editorial Staff

MC1 (SW) Bruce Cummins
MC2(SW) William Blake
MC2 Shannon Renfroe
MC2(SW) Elizabeth Vlahos
MC2(AW) Jonathan W. Hutto Sr.
MC2(SCW) Brian Coverley
MC3(SW) Mikelle D. Smith

LAYOUT AND DESIGN
Timothy Mazurek

Illustration Robb Gensic Bill Spencer

All Hands (USPS 372-970; ISSN 0002-5577) Number 1122 is published monthly by the Defense Media Activity – Anacostia, Production Department, 2713 Mitscher Rd. S.W., Anacostia Annex, D.C. 20373-5819. Periodicals postage paid at Washington, D.C., and at additional mailing offices. Subscriptions: For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 or call 202/512-1800. Subscription prices \$45 (Gomestic)/\$54 (foreign); \$7,50 (single copy domestic)/\$5 (single copy domestic)/\$6 (foreign); \$7,50 (single copy domestic)/\$6 (single production Department, 273) Mitscher Rd., S.W., Anacostia Annex, D.C. 20373-5819 Editorial Offices: Send submissions and correspondence to Defense Media Activity – Anacostia Production Department, ATTN: Editor, 2713 Mitscher Rd., S.W., Anacostia Annex, D.C. 20373-5819 Tell: DSN 288-4717 or 202/433-471 Fax: DSN 288-4747 or 202/433-474 Fax: DSN 288-474 or 202/433-474 Fax: DSN 288-4747 or 202/433-474 Fax: DSN 288-







Around the Fleet



QM1 Andrey Mihaylovski monitors the time during the 1.5-mile run portion of the Commander, U.S. Naval Forces Japan physical fitness assessment (PFA) on Berkey Field at Fleet Activities Yokosuka, Japan.

Navy Readies New Performance Evaluation Software

he Navy recently released a new version of NAVFIT98A software, changing the way physical fitness assessment (PFA) results and individual augmentee (IA) service are documented in a fitness report or evaluation.

"We released a new version of NAVFIT98A to accommodate the recent policy changes and at the same time fix several longstanding problems associated with the application," explained Jim Price, director, Navy Personnel Command (NPC), Performance Evaluation Division.

NAVFIT98A Version 28 supports new performance report policy changes and fixes known security and printing problems, as well as other technical issues associated with older versions of the software. Because of these changes, all forms will have new version numbers. Electronic versions can be found at www.npc.navy.mil/careerinfo/performanceevaluation/softwareforms.

Commands that still have an older version installed, but need to submit performance reports with ending dates of Aug. 1 or later, can submit performance reports generated

by older software versions until Navy/Marine Corps Intranet (NMCI) updates are complete.

The E-7 to E-9 chief evaluation has been modified to include the new policy guidance. Evaluation form NAVPERS 1616/27 8-10 can be found online. This website also answers frequently asked questions concerning Version 28 deployment and provides a reference guide on using the application.

"It's important for us to recognize the performance and contributions of our Sailors who are serving IAs," said Price. "This revised policy sets a Navywide standard to ensure all our Sailors receive the same opportunities to excel."

For more information on NAVFIT98A Version 28, read NAVADMIN 233/10. For technical assistance with NAVFIT98A software, call NPC Customer Service Center at 1-866-U-ASK-NPC (1-866-827-5672). For any NMCI software deployment issues, contact the NMCI Helpdesk at (866) 843-6624.

Story by MC1(AW) LaTunya Howard, Navy Personnel Command, Millington, Tenn.

Quarterly Monetary TA Caps Stabilize Program

The Navy's Tuition Assistance (TA) program will apply quarterly monetary caps on the TA funds distributed to the fleet effective Oct. 1.

"This policy change will allow Navy to fairly and equitably distribute funds throughout the year," said Ann Hunter, Navy's voluntary education service chief. "Sailors have demanding schedules, to include required training and deployments. By ensuring funds are available throughout the fiscal year, it enables Sailors who are unable to take advantage of the program at a certain time to leverage the opportunity when their schedule allows."

Quarterly cap amounts will be determined based on historic usage rates and available funds, according to NAVADMIN 245/10 released July 21.

Sailors may continue to submit TA applications at any time; however, applications will be processed no more than 30 days from the beginning of the quarter for all courses that begin that quarter. Applications will be processed on a first come, first serve basis until the quarterly cap is reached.

"We remain focused on providing educational opportunities to the force. Members who are affected by the delay of processing an application will be contacted by the Navy College Office to identify alternatives," said Hunter. "In addition, we encourage Sailors to look at the full range of educational opportunities, such as Defense Activity for Non-Traditional Education Support, College-Level Examination Program and Pell Grants, to maximize their voluntary education."

Story courtesy of Chief of Naval Personnel, Washington, D.C.

Spouse Jobs Program to Relaunch in October

The Military Spouse Career Advancement Accounts (MyCAA) program will resume Oct. 25 at 8 a.m. EDT, but with some significant changes to the popular spouse employment program, a defense official said.

Changes include a reduction in the amount of financial aid, a change in the population eligible to receive that aid – from all military spouses to spouses of junior service members – and more robust counseling services.

Photo by MC3 Dominique Pineiro

These changes bring the program, commonly known as MyCAA, back to its original intent of equipping military spouses of junior service members with portable careers, such as in real estate or health care, said Clifford Stanley, undersecretary of defense for personnel and readiness. The program was launched in November 2007 for spouses of junior service members and was expanded to all pay grades and programs of study in March 2009.

"We're trying to empower, to give spouses in particular, an opportunity to be immediately impactful as soon as they get into a community," Stanley said. "We want to make sure they have opportunities to work when they get to a new duty station."

Officials temporarily halted the program Feb. 16, pending a top-to-bottom review, after an enrollment surge overwhelmed the system and caused the program to nearly reach its budget threshold. In March 2010, with the review still under way, officials resumed the program for the more than 136,000 spouses who already had established an account.

The review took time, but officials wanted to ensure they could sustain the program for the long term, particularly in light of fiscal realities the government is facing, Stanley said.

"We want to help people be employed, but at the same time we have to be cost conscious," he said.

The aim is to sustain the program, he said. "We don't want to start it and stop it. This is

something we want to continue because it's important to take care of our families and our spouses," said Stanley.

The previous program offered all spouses of active-duty service members a lifetime benefit of \$6,000 to be used for education purposes.

Under the new parameters, spouses of junior service members can apply for a maximum financial benefit of \$4,000 for up to three years from the start date of the first class, with a \$2,000 annual cap, Stanley explained. Spouses pursuing licenses or certifications requiring an up-front fee of greater than \$2,000 may apply for a waiver of the annual cap up to the maximum benefit of \$4,000, he added.

Financial aid will be limited to spouses of active duty service members in pay grades E-1 to E-5, W1 to W-2 and O-1 to O-2, Stanley said, as well as the spouses of activated Guard and Reserve members within those ranks. Spouses of Guard and Reserve members must be able to start and complete their courses while their sponsor is on Title 10 orders, he added.

Those spouses eligible to receive aid can use the money to fund associate's degrees, licenses and certification programs, not higher degrees. The program wasn't intended to support bachelor's and master's degrees, Stanley said. However, he added, spouses pursuing higher degrees can explore a plethora of other education opportunities - such as scholarships, federal grants and the G.I. Bill - with help from Military OneSource consultants.

"The counseling piece is probably the most important, and pivotal, part of this program," said Stanley.

Spouses currently enrolled in the program can continue their participation through Oct. 21, when MyCAA will ramp down and prepare for the Oct. 25 launch. As of Oct. 25, those spouses who fall within the eligible pay grades can continue their program participation. Spouses who no longer are eligible for financial aid still can participate by accessing career and education counseling services, Stanley said.

"There are still opportunities," he said.
"This one program is just one small part of the overall equation of taking care of our family members. It's an important part, but it's a small part."

To fund the program, officials have budgeted about \$210 million for 2010 with an increase to \$250 million for 2011 due to an expected spike in enrollments, Stanley said. For future years, officials are estimating a budget of about \$190 million per year.

To ensure the vitality of the program, Military OneSource counselors will encourage spouses to explore other funding resources, including federal benefits. And staffing levels have been increased to handle the anticipated call volume and enable more one-on-one counseling with spouses, Stanley said. Officials also will monitor the program much closer now to ensure they can maintain it.

continued on page 9

Shipmates



AFRICOM Sailor Receives Honors in Cape Verde

Information Systems Technician 2nd Class Norman Kukona, a Navy Reservist assigned to U.S. Africa Command, was recently presented with the 2nd Classe da Medalha de Servicos Relevantes (Second Class Medal for Relevant Services) by the Cape Verde minister of national defense in Praia, Cape Verde.

Kukona received the award for his efforts in establishing a Counter-Narcotics and Maritime Security Interagency Fusion Center (CMIC) that was completed this spring in Cape Verde.

The center serves as a central location for various government agencies and offices to integrate intelligence, share information and coordinate activities that will improve maritime security.

"Armed Forces, police and intelligence communities can fuse signal [communication], human, open source and agency proprietary intelligence, into products that will help the government of Cape Verde more effectively use their limited maritime assets to combat illegal trafficking and protect resources vital to their national security," said Kukona.

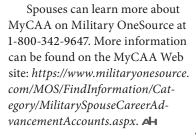
Although narcotic usage is not an extensive problem in the country, Cape Verde has become a transit point for narcotics crossing the Atlantic from Latin America into West Africa and then up into Furone.

Responsible for the conception and execution of the project, Kukona worked for nearly two years with the Cape Verde government, military, civilian leadership and engineers to develop design plans for the fusion center that involved the complete refurbishment of a facility, installation of a new electrical distribution system and the installation of information technology and radio equipment.

In total, Kukona deployed sensors on seven islands, established a wide-area network that interconnects four major military facilities on three islands and installed information technology equipment in the fusion center.

Story by Air Force Staff Sergeant Amanda McCarty, assigned to U.S. Africa Command.

www.navy.mil 7



Local Sailors Embrace Navy's New CSADD Program

Sailors from the San Diego area are embracing the Navy's new peer mentoring program, "Coalition of Sailors Against Destructive Decisions" (CSADD), that was launched June 24 and focuses on helping junior Sailors make better decisions.

"CSADD originated in the Mid-Atlantic Region as a process in which each command establishes a CSADD chapter with Sailors in the age group of 18 to 25 and enables them to take on a leadership role in CSADD," said Navy Total Force Fleet Master Chief Scott Benning. "Our goal is to provide accurate information and resources while you share your best practices with your shipmates across the Navy."

The program was implemented June 18 by Vice Adm. Mark Ferguson, chief of naval personnel. Not only does CSADD promote better decision making, it also encourages networking. Networking is one of the Navy's largest forms of communication and continues to grow through social media.

"CSADD also brings online social networking together with actual in place social networking with your shipmates in your command," said Benning. "Together we can make a positive impact for our Navy, riverine courses. our shipmates and our nation. I look forward to the continued growth of CSADD and look forward to seeing how each of you contributes to our Navy's team success."

San Diego Sailors are glad that CSADD has its own page on one of the world's major networking

page contains more than 1,200 fans and continues to grow. Fans can stay informed by simply reading wall posts or checking updates.

"Everyone uses Facebook," said Aviation Ordnanceman Airman Zak Dushey, whose squadron spends a lot of time in San Diego. "It's a great way to network and Story by Elaine Wilson, American share information. CSADD sounds Forces Press Service, Alexandria, Va. like a wonderful program and it's much needed. I'm going to participate in the program."

> Although Facebook is popular and easily accessible to the targeted ACE that received recommended group of young Sailors, it's not the only way to participate in the program. CSADD also has regional and command chapters that perform the same task as the Facebook page. All structures of the program focus on two key areas each month beginning in July 2010 with "Financial Freedom" and "Fire Safety and At-Home Safety."

CSADD encourages positive influence and behavior while at the same time bringing together online and in-person networking with peer interaction. All commands are encouraged to promote this program which practices informed decision making and reinforces the idea of shipmates helping shipmates. AH

Story by MC3 Oliver Cole,

ACE Recommended College Credits for Riverine Training

The Center for Security Forces (CENSECFOR) announced July 15 that the American Council on Education (ACE) now recommend college credits for all four of its

In April 2010, ACE conducted extensive reviews for new riverine courses that have emerged in the post-9/11 era, as well as other courses that had reached their periodic review anniversary.

"It was gratifying to see all the hard work involved with establishchannels, Facebook. The program's ing formal riverine training earn a

recommended 25 college credits," said Roy Wilde, learning standards officer at CENSECFOR.

ACE provides recommended college credits for members of the Armed Forces that are commensurate to their military training and experience.

"Best of all, individuals that graduated any one of the four riverine courses on or after April 1 are eligible for the recommended college credits," said Wilde.

Additional courses reviewed by credits are the level two coxswain operations and tactics course, brig afloat course and Navy corrections counselor and Navy corrections specialist courses.

To take advantage of the additional ACE college credit recommendations, visit your Navy College Campus Office.

For information about ACE and recommended course credits, visit www.acenet.edu. 🗚

Story by Darryl Orrell, Center for Security Forces, Virginia Beach, Va.

Career Development Boards Help Leaders, Sailors

Leaders across the Navy are *Navy Public Affairs Support* saying that career development Element West, San Diego. boards (CDB), mandated by OP-NAVINST 1040.11C, assist both the Navy and Sailors in achieving their goals.

> "CDBs are a critical tool for the chain of command to interact directly with every Sailor from the day they check aboard," said Vice Adm. Allen Myers, commander, Naval Air Forces. "They are a positive element of command climate, but only when implemented with the intended end state in mind due diligence to our Sailors."

The Brilliant-on-the-Basics program was introduced Navywide a few years ago with CDBs as the centerpiece. Brilliant-on-the-Basics includes six key programs: command sponsorship, command indoctrination, CDBs, mentor-

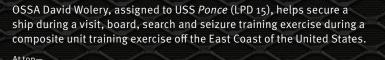
continued on page 11



Sailors aboard USS Iwo Jima (LHD 7) apply rat guards to mooring lines as the ship arrives at Naval Station Guantanamo Bay, Cuba, for refueling and supplies.

At top-

Lt. Cmdr. Anthony Farrugia, assigned to Strike Fighter Squadron 131 as part of Carrier Air Wing 7, is welcomed home by his wife and children after returning to Naval Air Station Oceana, Va.



A U.S. Navy MZ-3A manned airship lands at Lake Front Airport, New Orleans, to provide logistical support for the Deepwater Unified Command and the Gulf of Mexico oil spill. The Coast Guard requested the support of the Navy vehicle to help detect oil, direct skimming vessels and look for wildlife that may be threatened by oil.



ship, ombudsman programs and recognition programs. According to NAVADMIN 043/08, these six best practices form the enduring foundation upon which every successful career is launched.

Typical topics covered during a CDB are watch-standing qualifications, continued education goals, advancement, short- and long-term career objectives, Perform-to-Serve Domestic Violence (PTS) and Armed Services Vocational Aptitude Battery (ASVAB) scores. Leadership can use CDBs to take full advantage of learning the priorities of the Sailor.

"It is crucial that we identify Sailors at initial CDBs who have low Armed Forces Qualification Test (AFQT) scores and get them enrolled into academic skills classes so they can retake the ASVAB test," said Myers. "We are seeing Sailors who want to stay Navy but are not eligible to convert into other rates once in the PTS window. Waiting to correct low AFQT scores once a Sailor is in the PTS window is too late. Losing a great Sailor because he or she could not meet a PTS window due to lack of initiating a PTS request is not something we desire."

CDBs are required for all Sailors upon reporting to a command - after six months on board, at 12-months on board and at 12-month intervals thereafter. Official guidance is contained in OPNAVINST 1040.11C. When the Sailor's career desires are recorded in the Career Information Management System (CIMS) it becomes part of a permanent record that can follow the Sailor throughout his or her career.

CIMS is available to all shore commands with Internet access and on board 150 ships using CIMS Afloat on the Navy Standard Integrated Personnel System server. The primary function of CIMS is to assist career counselors with tracking, conducting and documenting CDBs. obligations for reporting.

The command master chief, chief of the boat, senior enlisted leader and the command career counselor team are the focal points for career development initiatives within the command.

read OPNAVINST 1040.11C. AH

Story by MC1(AW) LaTunya

Everett Leadership Trains to Recognize, Prevent

The Naval Station (NAVSTA) Everett Fleet and Family Support Center (FFSC) recently held its quarterly Domestic Violence Executive Leadership Training in Everett, Wash.

Leaders from USS Shoup (DDG 86), USS Ingraham (FFG 61) and Regional Support Organization Pacific Northwest attended the training, that focused on recognizing and preventing family violence tion, contact a local FFSC. AH and sexual assault.

The training, held monthly at different locations around Navy Region Northwest, is for commanding and executive officers and command master chiefs. They must attend the training within 60 days of assuming their leadership position.

Lyn Smith, the life skills educator for NAVSTA Everett, said the training covers a very important topic and provides vital information to the command leadership.

"The training brings it back to the forefront," said Smith. "It reinforces just how important this issue is."

Speakers covered different aspects of family violence and sexual assault including how to recognize signs of abuse and how to protect both the military and family members in the event abuse has occurred.

Kathryn Arnett, Everett's family advocacy representative, said the training reinforces and reiterates their responsibilities and

"As senior leadership, they have obligations to report these incidents," said Arnett. "We want to make sure that they know what their responsibilities are. We also let them know what services we

For more information on CDBs, have available and what we can do to team with them on these kinds of cases."

Arnett said the FFSC offers many Howard, Navy Personnel types of training to commands, Command, Millington, Tenn. including general military training.

"There's overlap in the trainings so that family violence and sexual assault education classes are offered consistently throughout the vear in several different forums," said Arnett.

Smith said the main point of the training is to remind leaders that the FFSC is ready to assist.

"We are a team," Arnett said. "Fleet and Family cannot prevent or intervene without the command and vice versa. It takes a team approach to prevent and intervene on both family violence and sexual assault."

For more information on family violence and sexual assault preven-

Story by MC1(SW) Sonja M. Chambers, Navy Public Affairs Support Element, Det. Northwest, Everett, Wash.

Overseas Screening Discrepancies Cost Time, Money

Navy leadership is asking commands to sharpen their focus when screening Sailors for overseas service, according to NAVADMIN

The message states that the Navy Overseas Screening Program is a key component guaranteeing that proper support is available to Sailors and families stationed overseas. Discrepancies in the process cost the Navy nearly \$1 million in FY09.

According to Cmdr. Carl Chaffin, Distribution Management and Procedures branch head, medical issues account for about 50 percent of the discrepancies.

"The transferring medical facility must request a waiver for any condition that will be ongoing after transfer," he explained. "Any medications required overseas must be cleared with the overseas medical treatment facility to ensure the medications are available. Some

continued on page 13



after participating in M-4 service rifle qualifications at Joint Expeditionary Base Little Creek, Va. ECRC holds semi-annual M-4 service rifle qualifications for Sailors who need to qualify and re-qualify.

AD₃ Alfred Barreta, assigned to Patrol Squadron 40, inspects the engine compartment of a P-3C Orion aircraft for leaks during a "man-on-the-stand" maintenance evolution during Rim of the Pacific 2010.

A CH-46 Seaknight helicopter practices vertical replenishments as it approaches the flight deck of USS Peleliu (LHA 5) before sunset in the Indian Ocean.

EN2 Victor Chavez talks to a damage control team member during a crash and salvage drill aboard USS Blue Ridge (LCC 19).



Sailors and Marines conduct a monthly cleaning of the flight deck aboard USS Harry S. Truman (CVN 75).

U.S. Naval Academy midshipmen participate in a formal parade on the school's campus. Incoming freshmen are participating in plebe summer training, a physically and mentally demanding six-week process designed to transition the new class of students from civilian to midshipman life.



military medical facilities overseas have had their services reduced and the local medical services have not been certified by TRICARE for reimbursement."

Other issues cited in the NAVADMIN include legal issues, indebtedness and general administrative errors.

"Commands need to focus on every aspect of the screening form, NAVPERS 1300/16," said Chaffin. Specific non-medical areas that require focus are "ongoing legal [criminal and civil] cases and pre-service moral waivers. Also, the spouse's income should not be included in the overseas financial plan unless the spouse has been assured employment upon arrival."

In the case of a discrepancy where a Sailor reports to an overseas command, "The family can be uprooted on short notice. In the case where a dependent is unqualified – the family is returned to the United States and the Sailor continues the tour. If a Sailor is unqualified or must be present for the care of a family member, then the Sailor is usually sent to a U.S.based command," Chaffin said.

The total number of discrepancies against the number of overseas orders written is relatively low, but Chaffin said commands can do better.

"Sometimes these discrepancies are the fault of the Sailor, but in most cases it's either the command not checking with family advocacy, legal, etc., or the medical screener not requesting waivers from the overseas medical provider prior to marking Sailors and family members qualified for overseas assignment,"said Chaffin. AH

Personnel Command, Millington, Tenn.

E-Leave to Begin at **Shore Commands**

The Navy recently announced the implementation of its new Electronic Leave (E-Leave) system in NAVADMIN 252/10. All shore

commands will use E-Leave to request, track and manage leave once their command leave administrator (CLA) completes initial setup within after the return date. CLA or ESR the Navy Standard Integrated Personnel System (NSIPS) application.

The Navy requires all personnel support detachments, customer support divisions and shore commands to be fully using E-Leave by Oct. 31. Sailors, reviewers and approvers can access E-Leave through NSIPS at https://nsips. nmci.navy.mil.

"Everything should be running smoothly by the Oct. 31 deadline," said Art Tate, NSIPS/electronic service record (ESR) Implementation manager and fleet liaison.

"We beta tested the E-Leave system from March 1 to April 13 and 99.3 percent of all transactions were accepted and processed," said Milene Wagner, NSIPS E-Leave project manager.

E-Leave allows Sailors to electronically route leave chits through the chain of command for approval. "It allows commands to manage

their own electronic leave control log. Commands will have full visibility in the system to identify the status of any Sailor's request and easily track and account for all Sailors on leave at any given time by us- Personnel Command Web Site at ing the electronic reports capability that each CLA will have access to produce," said John Courtney, Navy Electronic Leave program manager. "Once E-Leave is implemented, command's leave processing will be automated, ensuring pay and entitlements are properly accounted for with the Defense Finance and Accounting Service."

Afloat implementation for ships with NSIPS servers onboard is planned to start in October 2010 Story by Wm. Cullen James, Navy and run approximately 24 months as ships' NSIPS servers receive appropriate software updates. A separate message will provide further instruction for afloat commands.

> "We will implement the system on ships as quickly as we can," said Tate.

CLAs will have the capability to manage E-Leave transactions to include correction and cancellation. E-Leave will automatically checkout Sailors on leave 24 hours after initial start date and will automatically check-in Sailors 72 hours self-service users will also have the ability to request an extension.

CLAs at each command will be accountable for all leave transactions processed via E-Leave. For CLA access contact the local NSIPS access manager.

Sailors who have not yet established their web ESR Self-Service access can do so at https://nsips. nmci.navy.mil.

Afloat Sailors with an NSIPS server on board will also need to establish an Afloat ESR account each time they report to a new afloat command.

It is now mandatory for all active-duty and Reserve personnel to establish and maintain an ESR self-service account as the Navy phases out paper service records.

An E-Leave User Guide, training presentations and additional resources can be accessed via the Navy Knowledge Online Web Site. Refer to NAVADMIN 188/10 which gives specific direction on how to get to these materials.

For more information, access NAVADMIN 252/10 via the Navy www.npc.navy.mil and click on "Messages." 🗚

> Story by MC1(AW) LaTunya Howard, Navy Personnel Command, Millington, Tenn.

To be considered for the "Around the Fleet" section, forward your high resolution images with full credit and cutline information, including full name, rank and duty station to: navyvisualnews@navy.mil

Directions on how to properly submit photos can be found at www.navy.mil/photo submit.html

Mail your submissions to: Navy Visual News Service 1200 Navy Pentagon, Rm. 4B514 Washington, DC 20350-1200

Click on the Navy's home page, www.navy.mil, for fresh images of your shipmates in action





ew places in the world combine the cultural diversity, natural resources and majestic beauty found in Southeast Asia. From the maze of straits around Indonesia to the deep jungles of Malaysia and the bustling city of Singapore, the area plays a significant role in the economic development and security of the world as it mixes tradition and innovation, manufacturing and technology to fuel the global economy through some of the most navigated sea lanes on the planet.



BINTURAN BEACH, Brunei - Marines assigned to 2nd Platoon, Alpha Co. of the landing force participating in CARAT Brunei 2010, run to a position with Brunei Air Force support overhead during an amphibious landing exercise with the Royal Brunei Landing Force.

The U.S. Navy furthers stability and develops cooperative relations with the nations of this region through an annual series of bilateral maritime exercises known as Cooperation Afloat Readiness and Training (CARAT), one of the largest multinational afloat exercises in which the U.S. Navy participates. In its 16th year, CARAT has become a mainstay for partner countries, a model of excellence from which defense postures are refined, training scenarios are honed and friendships are cultivated.

For the thousands of U.S. Sailors and Marines who participated in CARAT 2010, this was a way to share the commonalities of lives. While the languages, customs, traditions and uniforms may be a bit different, mariners are working together in a contemporary capacity, bringing together their collective expertise for an exercise that encompasses mil lions of nautical miles and draws on the talents, resources and professionalism of Sailors from seven countries.

Historically, six nations have participated in CARAT since its inception in 1995, including Brunei Darussalam, Malaysia, Philippines, Singapore and Thailand. Indonesia participates in a CARAT-like engagement referred to as Naval Engagement Activity (NEA) Indonesia.

During CARAT 2010, Cambodia and Bangladesh took part for the first time, joining an exercise which since its inception, has increased in complexity and steadily gained prominence with host nations.

In addition to the military partnerships furthered through *CARAT* 2010, partner nations also rely on the ability to enhance humanitarian operations, a necessity evidenced through natural disasters, including the Indonesian tsunami of December 2003 and the Philippine typhoon in September 2009. Multinational responses to potential disasters in the region are strengthened through groundwork laid during the nearly month-long series of CARAT 2010 coordination, planning and regional cooperation efforts.

Brunei Darussalam

Area: 2,226 sq. mi. (located on the Island of Borneo)
Capital: Bandar Seri Begawan

Population: 406,200

Ethnic groups: Malay, Chinese, other indigenous groups Religion: Islam

Languages: Malay, English, Chinese; Iban and indigenous dialects

Type of Government: Sultanate (Malay Islamic Monarchy)

Natural resources: Oil and natural gas

Republic of Indonesia

Area: 736,000 sq. mi. (comprises 17,508 islands)

Capital: Jakarta

Population: 240.3 million

Ethnic groups (2000 census): Javanese 40.6%, Sundanese 15%, Madurese 3.3%, Minangkabau 2.7%, others 38.4%

Religion (2000 census): Islam 86.1%, Protestant 5.7%

Catholic 3%, Hindu 1.8%, others 3.4% Languages: Indonesian (official), local languages

the most prevalent is Javanese Type of Government: Independent Republic Natural resources: Oil and gas, bauxite, silver, tin copper, gold, coal

Malaysia

Area: 127,315 sq. mi.

Capital: Kuala Lumpur Population: 28.3 million (2009)

Ethnic groups: Malay 53.3%, Chinese 26.0%, indigenous

11.8%. Indian 7.7%, others 1.2% **Religions:** Islam (60.4%), Buddhism (19.2%), Christianity

(9.1%), Hinduism (6.3%), other/none (5.0%).

Languages: Bahasa Melayu (official), Chinese (various dialects), English, Tamil, indigenous

Type of Government: Federal parliamentary democracy with a constitutional monarch

Natural resources: Oil, liquefied natural gas, tin, minerals



RIMBA AIR BASE, Brunei – Landing Force Marines participate in military opera<mark>tions on urban terrain (MOUT) te</mark>chniques training with Royal Brunei Landing Force members at Rimba Air Base during CARAT Brunei 2010. Bay of Bengal



CARAT 2010 initially began with the arrival of U.S. Navy Task Group 73 in Brunei. Exercises progressed to other areas in the country, with nearly 140 U.S. Marines and Royal Brunei Landing Force (RBLF) infantry personnel simultaneously participating in a combined live-fire air/land/sea beaching on Binturan Beach, the pinnacle event during the Brunei portion of *CARAT 2010*.

"Training side by side increases the operational readiness between Royal Brunei Military forces and the U.S. Navy and Marine Corps," said Capt. Richard L. Clemmons, commodore of Combined Task Group 73.1. "This is the outcome of a 16-year relationship between our forces – cooperation and working together in many areas of shared security concerns. This is what *CARAT* provides – the chance to build relationships and trust in each other's abilities."

As U.S. Marines and RBLF "attacked" the beach from landing craft utility vessels deployed from USS Tortuga (LSD 46), RBLF personnel augmented the realistic exercise, experiencing exploding artillery rounds as they stormed the beach.

"This is my second year to participate in CARAT," said Marine Corps Staff. Sgt. Ken Fall, company gunnery sergeant for Alpha Co., 2d Bn., 24th Marine Regiment, who is also the range safety officer for the am-



SATTAHIP, Thailand – ND2 Ryan Murphy goes over pre-dive procedures with Lt. Chanon Wachakama from the Royal Thai Navy before conducting a ship's husbandry drive aboard USS Tortuga (LSD 46). U.S. and Thai divers trained together to teach and learn diving operations from each other as part of CARAT Thailand 2010.

phibious assault. "I've been looking forward to it since last year, and this year we seem to be doing more detailed training. The Royal Brunei Landing Forces are some of the most professional soldiers I've worked with."

While the Brunei portion of *CARAT 2010* centered on the beach assault, other significant maritime issues were addressed during the exercise, something one of the region's highest ranking officers said can serve to further the cultural and economic ties between the United States and southeast Asian countries.

"Trade value between Malaysia and the United States has increased 56 percent during the last year, and Malaysia is also our 20th largest trading partner," said Rear Adm. Nora Tyson, commander of Logistics Group Western Pacific and Task Force 73. She added that growing threats, especially freedom of the seas, require strong partnerships in the region.

"Maritime threats facing our countries are many, and they're evolving every day," Tyson said. "Piracy remains a significant threat to free

LUMUT, Malaysia - Royal Malaysian Navy Cmdr. Ivan Mario Andrew (left), Capt. Richard L. Clemmons, commodore of Task Group 73.1 and DCC Mike Jones watch Sailors from USS Vandegrift (FFG 48) as they train in the damage control wet trainer at the KD Pelandok Fire Fighting School on Lumut Naval Base during CARAT Malaysia 2010.



Republic of the Philippines Area: 117,187 sq. mi. (comprising 7,107 islands)

Capital: Manilla

Population: 92.2 million

Ethnic groups: Malay, Chinese

Religion (2000 census): Roman Catholic 80.9%, Islam 5%, Evangelical 2.8%, Iglesia ni Kristo 2.3%, Aglipayan 2%, other Christian 4.5%, other 1.8%, unspecified 0.6%, none 0.1%.

Languages: Filipino (based on Tagalog), official national language; English, language of business

Type of Government: Republic

Natural resources: Copper, nickel, iron, cobalt, silver, gold

Kingdom of Thailand

Area: 198,114 sq. mi.

Capital: Bangkok

Population: 67 million

Ethnic groups: Thai 89%, other 11% Religion: Buddhist 93%-94%, Islam 5%-6%, Christian 1%,

Hindu, Brahmin, other .5%

Languages: Thai (official language); English is used for business: Malay and regional dialects

Type of Government: Constitutional monarchy Natural resources: Tin, rubber, natural gas, tungsten, tantalum, timber, lead, fish, gypsum, lignite, fluorite.

Republic of Singapore

Area: 710.3 sq. km.

Capital: Singapore (country is a city state)

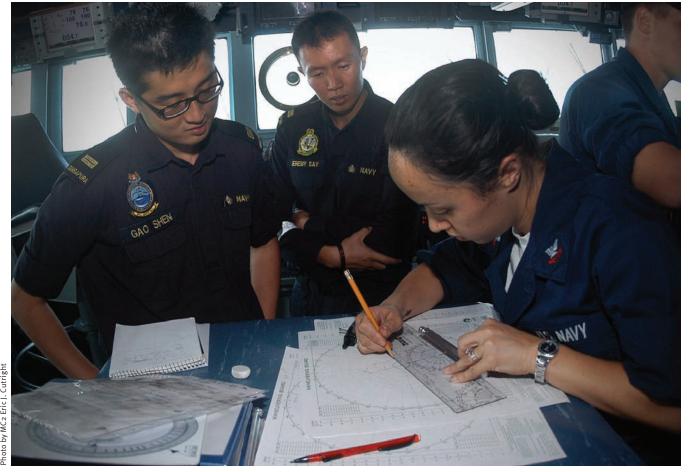
Population: 4.99 million

Ethnic groups (2009): Chinese 74.2%, Malays 13.4%, Indians 9.2%, others 3.2%.

Religion: Buddhist, Taoist, Islam, Christian, Hindu Languages: English, Mandarin and other Chinese dialects,

Malay, Tamil

Type of Government: Parliamentary republic Natural resources: None.





SAMAESAN CAMP, Thailand - Paul Trist Jr. (right), a civilian flight demonstration manager, shows Royal Thai Navy officers how to install the tail rudder on the Puma AE mini-unmanned aerial vehicle during a demonstration of the vehicle's capabilities as part of CARAT Thailand 2010.

SINGAPORE STRAIT – OS2 Jessica Proudfoot plots courses on a maneuvering board with Republic of Singapore Navy officers on the bridge of USS Chung-Hoon (DDG 93) while transiting to the South China Sea for CARAT Singapore 2010.

relationship with our Indonesian counterparts and to learn from each other what can be accomplished through our combined efforts."

First-time participant Cambodia played a role in a nine-day portion of CARAT 2010, a series of events that saw U.S. and Royal Cambodian Sailors jointly training in engineering, damage control, anti-terrorism and force protection scenarios as well as amphibious operations.

Cambodian participation with the U.S. Navy in CARAT marked the largest naval engagement between the two countries in nearly 40 years, and leaders from both navies expressed high expectations for *CARAT*

"We are grateful, both the Navy and the Cambodian people, for the relationship we have with the Navy and the people of the United States," said Royal Cambodian Navy Rear Adm. Ouk Seyha, commander of Ream Naval Base, Sihanoukville, Cambodia.

New training opportunities were incorporated during Thailand's portion of CARAT 2010, with the increased use of riverine and antisubmarine warfare capabilities, as well as use of unmanned aerial vehicle operations.

Highlighting Thailand's participation in CARAT 2010 was the use of the Puma AE, a lightweight, portable, mini-unmanned aerial vehicle fitted with tiny high-resolution cameras that provide operators real-time video of objects of interest on the ground. The *Puma AE* can be used for maritime patrols, special operations teams, during search and rescue or disaster relief and can be packaged for collecting data with global posi-



SURABAYA, Indonesia – MA1 Sergio Altamirano, assigned to USS Tortuga (LSD 46), carries a boy across the finish line after a race during a community service project as part of Naval Engagement Activity Indonesia 2010, a part of CARAT 2010.

tioning system coordinates. Infrared cameras enable the *Puma AE* to be used at night for search and rescue missions.

"I am impressed with the length of time it is capable of flying," said Capt. Bhanupan Sapprasert, Commander of the Royal Thai Navy ship HTMS Kraburi.

Information exchanges like those involving high-tech gear such as UAVs allow partnering *CARAT* nations to stay in tune with the latest advances, something Tyson said benefits participating nations.

"The addition of these new specialties is proof that *CARAT* is adaptable and flexible, and can meet emerging threats," Tyson said.

In addition to the thousands of man-hours of military training CARAT 2010 encompassed, U.S. Navy personnel and service members

www.navy.mil

from other participating nations also engaged in a variety of community relations projects, including medical, dental, civic and engineering outreaches designed to improve the quality people they meet," said Clemmons. of life for individuals in area nations.

"CARAT is a great relationship builder; not only does the Navy enhance its relationships

with our partner nations, but the Sailors themselves have the opportunity to experience new cultures and to leave lasting impressions on the

> Meyers is assigned to Defense Media Activity - Anacostia, Washington, D.C.

Kingdom of Cambodia*

Area: 69,900 sq. mi. Capital: Phnom Penh

Population: 13.4 million

Ethnic groups: Cambodian 90%; Vietnamese 5%; Chinese 1%; others 4%: hill tribes, Cham and Lao Religion: Theravada Buddhism 95%; Islam; animism;

Languages: Khmer (official) spoken by more than 95% of the population; some French still spoken in urban areas;

English increasingly popular as a second language

Type of Government: Multiparty democracy under a constitutional monarchy

Natural resources: Timber, gemstones, some iron ore manganese and phosphate, hydroelectric potential from the Mekong River, unknown quantities of oil, gas, and bauxite.

People's Republic of Bangladesh*

Area: 55,813 sq. mi Capital: Dhaka

Population: 156 million

Ethnic groups (1998 CIA): Bengali 98%, other 2% (including tribal groups, non-Bengali Muslims)
Religion (1998, CIA): Islam 83%; Hindu 16%; Christian

0.3%, Buddhist 0.6%, others 0.3% Languages: Bangla (official, also known as Bengali),

Type of Government: Parliamentary democracy Natural resources: Natural gas, fertile soil, water.

* Cambodia and Bangladesh joined CARAT 2010 for the first time.



Future Leaders

Story MC2(EXW) Todd Frantom Photos by MC1 Andrew Meyers and MC2(EXW) Todd Frantom

Teamwork, ingenuity and integrity are traits that countless Sailors learned not at boot camp or 'A' school but as members of their local Boy Scout troop.

And some Sailors today — many of whom staffed the ranks of this organization as school-aged young men — are recognizing the importance of continuing their involvement with the Boy Scouts of America (BSA) through volunteering their time and expertise supporting educational programs for boys and young adults to build character throughout communities around the nation.







s more than 43,000 Boy Scouts converged to Fort AP Hill during created temporary tent cities on 76,000 acres of Fort A.P. Hill. Here the National Council of the Boy Scouts of America (BSA) 2010 weeklong centennial celebration of the National Scout Jamboree, opportunities within the Boy Scouts and enjoyed the camaraderie of at the U.S. Army's Fort A.P. Hill in Caroline County, Va., Sailors had the opportunity to showcase their branch of service and impress upon potential future American leaders, the fundamental Navy value system.

but one thing is for sure, they are definitely our future," said Chief Builder Thomas Hanna, first assistant scout master for Troop 133, Achilles, Pa.

educational programs and, at older age levels, career-oriented programs Scout position.

in partnership with community organizations. All activities are designed to foster the building blocks for their life at an early age. It's a value system that closely resembles that of the Navy, said Hanna.

"The training for the boys starts out in the first grade, when they become Tiger Cubs," he said. "Then they work their way up, just like a Navy chain of command. There is a structure and advancement path. This allows them to learn leadership skills, and that's the name of the game."

Hanna, assigned to Naval Mobile Construction Battalion 23, Fort Belvoir, Va., understands the importance of teaching youth and took leave from his duties to spend what he described as valuable time with his two sons during the Jamboree.

"It makes me proud to do all I can to help pave the future for these young men," he said.

as individuals from Boy Scout programs in dozens of other countries,

they experienced adventure activities, shows and lectures, advancement

Navy volunteers offered a variety of military and sea-service specific interactive opportunities for Scouts, including the Sporting Merit Badge, "I'm not sure if any of the Boy Scouts I've met will ever become Sailors, an effort in which participants must complete 42 pushups, 50 sit-ups and six pull-ups. Exercises were timed and had to meet certain standards, and if participants successfully completed the requirements, the Boy Scouts are actively involved in a wide range of outdoor activities, Scout earned a badge - taking him one step closer to the coveted Eagle

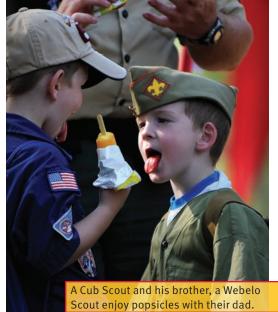
"I want to be a Seabee. How cool a job is that? To be able to go camping all over the world and build things!"

—17-year-old Jeff Parks, with Troop 199, from Toledo, Ohio.

"Everything is fun, and the free stuff is pretty sweet," said Jon Steele, a 15-year-old from Troop 319, from Brooklyn, N.Y.

For those Scouts wishing to relax from all patch trading, obstacle course, and walking endless miles in the hot July heat, the Navy offered an air-conditioned ride through the clouds with the Blue Angels – in a simulator.

"It was better than I thought it would be," Steele said. "You do stunts During the Jamboree, Boy Scouts from every state in America as well in the air and flips. It felt like I was in a washing machine. It was also nice to take a break from the heat."







While temperatures during the Jamboree approached nearly 100 degrees Fahrenheit, Navy volunteer corpsmen, explosive ordnance disposal (EOD) personnel and other medically-qualified Sailors were in place in the event of an emergency.

"All the Navy guys were screaming, 'Drink your water!' non-stop," Steele said." They even gave me a free bottle of water and told me I was supposed to drink five full bottles a day. Man, that's a lot of water. I asked one Sailor why I had to drink so much water, and she explained to me all about body mass and sweat, things like that. She said she was a corpsman. I never heard of one before, but she knew a lot about water."

At the Jamboree, the kids got a taste of what Navy jobs are out there, with volunteers from several rates speaking with Scouts about potential Navy jobs.

"I want to be a Seabee," said 17-year-old Jeff Parks, with Troop 199 from Toledo, Ohio. "How cool a job is that? To be able to go camping all over the world and build things! It would be like I am still a Scout but getting paid for it. Heck, I already wear a uniform."

The Boy Scouts have long embraced the concept of brotherhood, something the Jamboree facilitates through the introduction of Scouts to other Scouts and personnel from across the country and around the world. This effort exposes Scouts, who spend quite a bit of their time at the Jamboree meeting fellow Scouts, to effective communication with people they have never met. Then when they work together they develop both teamwork and character.

One of the strongest traditions that helps build character among the Scouts is trading patches.

"I really like the Navy patch," said Parks, as he reached into a zip-loc bag full of colorful patches.

As if they were in an open-air market, the Scouts lined the streets in the camp, bartering the latest and greatest patches from around the









They're acting as a team, ... proving they are the leaders we are looking to in the future."

—Sea Cadet Lt. Cmdr. Joe Cirone Scouts light candles from the flame of other Scouts at the closing of the National Boy Scout Jamboree at t. A.P. Hill, Va. With the lighting of the candles, the ooo scouts pledged to maintain the Scout's oath

globe. After successful trades, Scouts shook hands and said farewell to a new friend.

"I have met some cool guys while trading patches," said Parks.

When the Scouts weren't crowding the streets trading patches, they took advantage of all the activities awaiting them. Navy divers in an oversize glass tank were located next to four Parks said. "I watched one Scout just hang large pools full of eager, first time scuba divers.

"The divers are real cool, and I had fun trying to talk to them through the glass. It was like playing a game with a fish," Parks said, as he held up a small scuba pin.

The Scouts also had a chance to work with the divers and try on diving equipment. One

display allowed Scouts to don a large breathing mask that featured an electronic voice activated communication array, allowing communication with Navy Divers in full gear submerged and see the importance of our youth," said in a tank.

"I felt like Inspector Gadget wearing that huge mask, and my voice sounded really weird," important to share our knowledge with these his head in there and sing a song. Everyone laughed at him as they walked by."

Navy EOD and dive teams not only shared their time teaching the Scouts about their jobs in the Navy, but also helped out with the scuba and snorkeling activities, filled tanks with oxygen and allowed Scouts the opportunity for

hands-on experience in the many occupations the Navy offers.

"We really enjoyed working with the Scouts **Explosive Ordnance Disposal Senior Chief** Ron Mitchell, an EOD recruiter. "I believe it's young men so that they have some sort of [idea] of what's out there for them."

Other volunteers, including members of the U.S. Navy League-sponsored U.S. Naval Sea Cadet Corps, took part in the Jamboree. The Sea Cadets were founded in 1958 by the Navy League of the United States at the request of the U.S. Navy. The program is designed to

introduce the rigors of military sea-services life to youth. The jamboree allowed some Sea Cadets the opportunity to explain some of the U.S. Navy equipment, jobs and lifestyles to the Boy Scouts during the Jamboree.

Even though 17-year-old Sea Cadet Kyleigh Porter, of Montrose, Va., attended the Jamboree in a volunteer capacity, she said the opportunity to discuss what she saw as the career path she plans to take proved an invaluable experience.

"Seeing the Navy divers job firsthand is something I will never forget – I saw my future and am committed to becoming a Navy diver. Spending time with someone who gave me a

to be there," she said.

Sea Cadet Lt. Cmdr. Joe Cirone said being at the Jamboree, seeing Navy exhibits and interacting with Boy Scouts in a leadership role provided Sea Cadets the opportunity for personal development, as well as opening doors into some other functions Sailors have.

"Watching these Sea Cadets take on the responsibilities of individuals twice their age by controlling crowds, answering questions and being a focal point for information was outstanding," he said. "The leadership these Cadets demonstrated during the Jamboree furthers the concepts we are instilling in them.

vision of what I want felt like home, and I want They're acting as a team, interacting with the community and proving they are the leaders we are looking to in the future."

> Navy volunteers during the Jamboree felt they left a lasting impression about what they describe as the future.

"Boy Scouts operate in the same unit, and they are a team just like us," Hanna said. "There is a strong union between the two organizations and these kids are our future Sailors and our future leaders."

> Frantom and Meyers are assigned to Defense Media Activity - Anacostia, Washington, D.C.



Sailors at Helicopter Anti-Submarine Squadron Light (HSL) 37 recently went above and beyond the call of duty to help disabled Hawaii residents enjoy the Hawaiian waters in a safe and secure environment.

HSL-37 Command Master Chief Jim Lyle, Logistics Specialist 3rd Class William Kueffoua and Aviation Electronics Technician 3rd Class Jason Flicstein volunteered at White Plains Beach as part of Access Surf's "Day at the Beach" program. Access Surf is a non-profit organization that provides safe beach access and assistance free of charge to anyone with physical and mental disabilities on the island of Oahu.

On the first Saturday of every month, the volunteers arrive early on White Plains Beach and begin setting up equipment.

"Access Surf is ecstatic about the services that the Navy provides, in particular for setup and teardown," said Lyle. "Their President and Chief Executive Officer Mark Marble used to call up a whole bunch of individuals to set up, and we've removed that burden from him totally."

When the volunteers finished setting up, they donned board shorts and rash guards and escorted people in and out of the water using adaptive wheel chairs, surf boards, life jackets and other special equipment.

"They just like being in the water," Lyle added. "Some of them have disabilities, so they can't go out by themselves. We just want to show them how fun surfing is."

Flicstein took a surf board out and assisted with water safety. As the surf instructors and the participants were paddling out and riding the waves back to the shore, his job was to make sure everybody was safe.

"I'll paddle out on the rescue boards, just sit out there and make sure that if anybody falls off - any of the surfers - I'll put them back on their board with the surf instructor behind them and just make sure everything is safe," said Flicstein.

Lyle first heard about Access Surf from his wife approximately two years ago and has been personally involved for more than one year. He has since inspired others in his command to volunteer their time for this cause.

"They're afforded a great opportunity here to give back to the local *ohana* [community]," said Lyle. "It's an excellent opportunity and they'll have a story to tell working here with these participants."

Mark Marble expressed gratitude for Lyle's support and all the contributions the volunteers from HSL-37 bring to the organization.

"He saw the need for us to set up all the equipment early, to transport all the equipment and then to set it up, tear it down, brush off everything," said Marble. "It's physical work and to do that with

ALL HANDS | SEPTEMBER 2010

LS3 William Kueffoua (left), assigned to Helicopter Anti-Submarine Squadron Light 37, assists a surf instructor and an Access Surf participant on an adaptive surf board at White Plains Beach, Oahu.

a handful of volunteers that are sometimes here and sometimes not, it was very hard for the first few years, so when we met Jim and his team, it's been a godsend."

Marble explained Access Surf's impact on the local community can be seen on the faces of its participants.

"They leave with the biggest smiles on their faces and a changed heart," he said.

Kueffoua, a regular volunteer, described one such experience.

"I remember two months ago when I helped a lady with disabilities. She doesn't walk. She told me she really liked the program; she liked the way we helped her swim. Actually, she never swam in her life.

"Now she can swim like many others," Kueffoua explained.

"It means a lot to me. Actually, a lot of my own ideology is that life is all about helping others. I feel happy; I feel my value when I help." 🗛

Honnick is assigned to Navy Public Affairs
Support Element West, Det. Hawaii.

Banding Military Members, Their Families

Story and photos by MC2(AW) Jonathan W. Hutto Sr.

Information Systems Technician 2nd Class Nicanor Mendoza, lost a friend in 2009 to the current war. Motivated by his friend's death and the desire for military members to better communicate with family back home, Mendoza initiated an online community titled, "Bands for Arms." Through the website bandsforarms.com, Mendoza solicits uniform items from all sectors and branches of the military including active. Reserve and retired.

"I take donated uniforms from all branches, turn them into bracelets and sell them online," said Mendoza. "Each bracelet sells for a different price starting at \$6 depending on the style I create."

Mendoza donates 70 percent of all proceeds to the Uniform Service Organizations (USO) in Japan. Since January 2010, Mendoza has donated more than \$4,000. He envisions donating to USOs all over the world in the future.

"I first approached the USO while stationed in Japan," Mendoza said. "The USO country director was very excited about us partnering with them. On a monthly basis, I give the USO in Japan proceeds from all sales made. Most of our work is done through word of mouth and our Facebook page, which has more than 3,100 friends."

Mendoza's long-term goal is to help the USO globally establish and build more centers for service members to better communicate with their loved ones when deployed. For now, he would like to reach his personal benchmarks within the Navy.

Mendoza appreciates his sister who helps him with the project while he is deployed and in school. He is currently finishing "C" in Little Creek, Va., that will allow him to work with an explosive ordnance disposal mobile unit in Italy.

"I'm planning on staying in the Navy for 20 years or more if possible," said Mendoza. "My ultimate goal is to become a Navy chief. I worked with great leaders at my last command, and their work ethic motivated me to become like them."

Hutto is assigned to Defense Media Activity - Anacostia, Washington, D.C.

Story by MC1(EXW) Jennifer A. Villalovos Photos by MC₂(EXW) Todd Frantom

he 2009 Sailor of the Year recipients, who for the first time in history are all women, were meritoriously advanced to chief petty officer during a recent ceremony held at the U.S. Navy Memorial, Washington, D.C.

Chief of Naval Operations Adm. Gary Roughead was the guest speaker at the pinning ceremony hosted by the Master Chief Petty Officer of the Navy (SS/SW) Rick D. West.

Hospital Corpsman 1st Class (SW/AW) Ingrid Cortez, U.S. Fleet Forces Sea Sailor of the Year; Hospital Corpsman 1st Class (SCW) Shalanda Brewer, Navy Reserve Sailor of the Year; Operations Specialist 1st Class (SW) Samira McBride, U.S. Pacific Fleet Sea Sailor of the Year and Cryptologic Technician (Technical) 1st Class (SW/AW) Cassandra Foote, Chief of Naval Operations Shore Sailor of the Year, were each presented their chief petty officer appointment letter from the CNO prior to having their anchors pinned to their collars and combination covers placed on their heads. 🗛

Villalovos is assigned to the Office of the Master Chief Petty Officer of the Navy and Frantom is assigned to Defense Media Activity – Anacostia, Washington, D.C.





U.S. Pacific Fleet Sea Sailor of the Year

Operations Specialist 1st Class (SW)

A native of Chad, Africa, Operations Specialist 1st Class (SW) Samira McBride enlisted in the U.S. Navy in September 1999. After Operations Specialist 'A' School, McBride served aboard USS *Gonzalez* (DDG 66), performing typical duties as well as serving as the only Arabic linguist aboard the destroyer during a Persian Gulf deployment.

McBride subsequently transferred aboard USS *Laboon* (DDG 58) and later to Assault Craft Unit 4, where along with her regular duties, she served as a French linguist for Commander, Naval Beach Group 2.

McBride said the manner in which the Navy has prepared her for the leadership role she will now hold has changed her perspective on personal interaction.

"The Navy has humbled me," she said. "I've become a little less focused on myself and more understanding and respectful of individuals who have come before me. I've definitely matured, and the Navy has a lot to do with that growth." AH



Navy Reserve Sailor of the Year

Hospital Corpsman 1st Class (SCW)

St. Louis-native, Hospital Corpsman 1st Class (SCW) Shalanda L. Brewer, enlisted in the U.S. Navy immediately after graduating high school in 1999. Initially a yeoman, she served aboard Afloat Training Group Pacific, San Diego, and later with Naval Mobile Construction Battalion 1, Gulfport, Miss.

Brewer affiliated with the Navy Reserve in 2003, balancing her duties with attending Barnes-Jewish College of Nursing and Applied Health. She cross-rated to hospital corpsman in 2007 and most recently completed a one-year mobilization support of the Navy Expeditionary Medical Unit mission in Landstuhl, Germany.

Brewer attributes her success to role models she observed while a junior Sailor, and said the opportunities for service members wishing to further their careers exist through adhering to the Navy core values.

"I've been around very positive leaders and mentors who have inspired me to do the same with all of our junior Sailors," she said. "I want junior Sailors to know that anything is possible with perseverance, determination and integrity."



Chief of Naval Operations Shore Sailor of the Year

Cryptologic Technician (Technical) 1st Class (SW/AW)

Cassandra Toole

Vergennes, Vt., native Cryptologic Technician (Technical) 1st Class (SW/AW) Cassandra Foote, enlisted in the U.S. Navy in February 2001, completing Recruit Training and Electronic Warfare "A" School in Pensacola, Fla.

Foote next reported aboard USS *Winston Churchill* (DDG 81), and then shifted platforms, serving aboard USS *Dwight D. Eisenhower* (CV 69) as an electronic warfare module manager and leading petty officer from 2003 to 2006.

She next was assigned instructor duty at the Center for Information Dominance Det. Corry Station, Pensacola, Fla., volunteering for an individual augmentee position, and serving as Navy Military Training Battalion and Staff Division Leading Petty Officer upon her return.

Foote is currently serving as an LPO at the Center for Information Dominance Det. Corry Station, and said her selection as a Sailor of the Year has proven a milestone in her life.

"Being selected has assured me I'm on the right track in life and that joining the Navy was the best decision I have made thus far," she said. "This whole process from start to finish has been a phenomenal, blessed experience, and I love it."



U.S. Fleet Forces Sea Sailor of the Year

Hospital Corpsman 1st Class (SW/AW)

Hospital Corpsman 1st Class (SW/AW) Ingrid J. Cortez, a native of Guayaquil, Ecuador, enlisted in the U.S. Navy in September 1995. An undesignated seaman, she served aboard USS *Gunston Hall* (LSD 44) and subsequently received orders to Hospital Corpsman 'A' School.

Cortez next reported aboard USS *Donald Cook* (DDG 75), and later to Branch Medical Clinic Dam Neck, Va. She would later serve as a recruiter at Naval Recruiting District San Antonio, and after Medical Laboratory Technician 'C' School, Cortez was assigned to Branch Health Clinic. Naval Air Station Oceana. Va.

Cortez currently serves aboard USS *Bataan* (LHD 5), and said ensuring junior Sailors know of a leader's availability, concern and compassion are all indicative of a leader.

"I always tell Sailors you get the most out of yourself by focusing on not trying so hard," she said. "Everything you do should be because you care, and it's the right thing to do. You have to be willing to submit that extra 20 minutes to talk to that Sailor who needs advice, because it makes a huge impact on everything you stand for as a leader."





Balancing military and personal life involves sacrifices. At times this balancing act can cause Sailors to become extremely overwhelmed and even depressed. Some Sailors might seek guidance from shipmates while others can let feelings fester. Unresolved emotions can become unbearable and, like a pot of boiling water, the Sailor overflows. Seeing no way out, 46 Sailors took their lives last year.

According to the Navy's Suicide Prevention web site, www.suicide. navy.mil, suicide is the third leading cause of death in the Navy and accounted for 13 percent of fatalities in 2009. Any loss of a Sailor's life can be devastating for a family and command. It's important that Sailors are familiar with the signs and symptoms of suicide so identifying a shipmate contemplating suicide is easier.

The Navy recognizes the seriousness of suicide and has developed additional training methods to help Sailors acknowledge they are front line supporters of suicide prevention efforts.

Sailors, from E-1 to O-10, are key players in the suicide prevention process, something that begins with the chain of command, with coworkers and with friends of the Sailor experiencing negative thoughts.

"One big thing that people neglect about suicide is the power of little things," said Capt. Paul S. Hammer, director of the Naval Center for Combat and Operational Stress Control (NCCOSC). "So often we see that many people were dissuaded from hurting themselves by someone who made a very minor gesture that turned out to be huge."

The NCCOSC developed a "suicide prevention kit" called Front Line Supervisor Training written primarily by Todd Pickel, a retired Navy corpsman and neuropsychiatry specialist. The kit is geared toward Sailors' awareness of behavior leading to suicide through interactive situational training.

"Our overall goal is to create a positive environment where individuals feel comfortable asking for help and where positive leadership and availability of resources are understood," said Pickel.

Two hundred upper echelon and installation suicide prevention coordinators recently received front-line supervisor training by program creators that included Lt. Cmdr. Bonnie Chavez, OPNAV N135 behavioral health program manager.

"The Navy Suicide Prevention program builds on Sailor and leader caring, by supporting command-level efforts with policy, information and tools," said Chavez. "Sailors and leaders genuinely care and have shown it in the way they vigorously engage in focus groups, put forth tremendous creativity to develop posters and enthusiastically embrace new hands-on training materials."

Front-line supervisor training incorporates videos and music, pocket-sized reference cards, information for plan-of-the-day messages and posters ideas, and resources created to raise Sailors' awareness of suicide-prevention tactics.

According to Hammer, the first step in front-line suicide prevention is identifying subtle warning signs, some of which include, but are not restricted to: withdrawal from family and friends, abuse of drugs or alcohol, poor performance at work and engaging in reckless acts by a usually cautious person. Noticing a trend of abnormalities in a shipmate can help Sailors recognize subtle changes in that individual's behavior. Sailors can then take necessary steps to help shipmates target the root of negative feeling before thoughts of suicide are reached.

The suicide prevention kit entered the fleet in April 2010 and includes the new video "A Message from Suicide" along with interactive peer-to-peer facilitated training.

"What's different is we take the audience through a case study," Hammer said. "We turn it into a discussion that the audience can be involved in. This gives them the ability to see from start to finish what really goes on in the mind of a person dealing with suicidal thoughts. We ultimately are preparing them to handle encounters and giving effective ways to be firsthand responders."

According to Chavez the suicide prevention kit advises Sailors who come face-to-face with someone in a suicidal situation to *ACT: Ask, Care and Treat*.

- Ask. Recognize and stay engaged. Too often Sailors are overly involved with their own day-to-day happenings. Recognize a shipmate dealing with stress that can lead to visions of suicide is important. Start off with a simple question, "What's bothering you?" Encourage them to talk about what they are feeling and ask if they are thinking of taking their life. Most importantly don't judge.
- Care. Always listen thoroughly. Having a 20-minute conversation or accepting an early morning phone call can save the life of a Sailor contemplating suicide. Let them know there is hope and they're not alone by giving them undivided attention and having an open heart.

Treat. Take the Sailor to get help – DO NOT leave them alone until professional help has arrived. Continue offering support for that shipmate through their treatment and thereafter. Something as simple as inviting the Sailor over for dinner on Sunday nights can show that Sailor their presence is appreciated. Over time this simple act can encourage them to seek help dealing with suicidal thoughts.

In three words: be a friend.

Some Sailors may feel overwhelmed with the thought of encountering a shipmate on the verge of causing harm to themselves. If a Sailor believes they are unable to provide adequate assistance they should contact someone who can.

"For most Sailors, suicide prevention is more than a general military training topic," said Chavez. "Nearly half of Sailors in the Navy have personally known someone in their lives who was lost to suicide. Suicide prevention is not about numbers. Every person lost is taken very seriously and we are focusing our efforts on providing tools to save lives."

The Navy provides Sailors with a variety of options to combat suicidal thoughts such as command chaplains, Fleet and Family Service Centers and command medical facilities that are available to assist and direct in times of need.

Suicide intervention services like the National Suicide Prevention Lifeline and the American Foundation for Suicide Prevention are also available to Sailors. Obtain more information and resources at www.suicide.navy.mil or the Operational Stress Control continuum at www.navstress.navy.dodlive.mil.

Always remember – one team, one fight. Sailors are linked through their devotion to the Navy's mission and core values of honor courage and commitment. Sailors should remember protecting one another from all forms of danger is a huge part of the mission.

Smith is assigned to Defense Media Activity – Anacostia, Washington, D.C.



Strength Through Diversity

Story by Sue Krawczyk Photo by Scott Thornbloom

eligious Program Specialist 1st Class (FMF) Juan Bejarano, assigned Recruit Training Command (RTC) recently received the 2010 League of United Latin American Citizens (LULAC) Excellence in Military Service award at the League's National Convention and Exposition in Albuquerque, N.M.

The LULAC award is presented to one activeduty and one Reserve service member from each service and recognizes members who have made significant contributions to the advancement of minority groups, the promotion of diversity and equal opportunity in the military and federal

Bejarano was nominated for the award at his previous duty station with the 11th Marine Expeditionary Unit (MEU) but had reported to RTC as a student in Recruit Division Commander (RDC) "C" School.

As 11th MEU's Religious Ministry Team senior staff representative, Bejarano worked with higher commands to establish a third religious ministry team for the MEU to ensure the religious and counseling needs of 2,200 Marines and Sailors spread throughout three ships.

"I really was shocked. I didn't think I did enough to deserve this award; to me, this is my normal job," Bejarano said.

He also coordinated and supervised a community relations project at Mission San Antonio de Padua at Fort Hunter Liggett, Calif. Dur-

ing the course of two weeks, he coordinated the efforts of 37 volunteers who completed 10 major clean-up projects. According to the award citation, Bejarano's superior organization skills were instrumental in the projects being completed ahead of schedule and in time for the mission's annual Mission Days Festival that hosted more than 1.000 visitors.

During his 2009 deployment and earlier this year, Bejarano coordinated four community relations projects in Phuket, Thailand. He also organized the delivery of medical and hygiene supplies to remote medical clinics in support of Project Handclasp in Dili, Timor Leste.

Working as a religious specialist was something Bejarano knew he wanted to do early in his

"I walked into my recruiter's office and demanded the RP job," Bejarano said. "I was involved with local youth groups in my church, and this rating seemed similar to what I was doing at that time. I enjoyed the camaraderie of visiting the Marines and Sailors weekly in my unit. Some had never known what an RP was."

Bejarano's commitment to making a difference has brought him back to Navy boot camp for a second tour of duty. During, his first tour at RTC in 2005, he worked on staff in the chapel where he had the opportunity to help mentor recruits during training.

"It's a place where they can find their inner soul," Bejarano said. "It's peaceful and relaxing for some. It kind of reenergizes them to start the week all over again. For some, it's where they start building their new foundations."

He had concerns about whether he was having a positive effect on the recruits during that time.

"During the first three years, I would think to myself, 'What am I doing here? Am I really making a difference as an RP at RTC?'

ALL HANDS | SEPTEMBER 2010



"Then I reached the fleet, and during my first two deployments I had Sailors coming up to me to show how well they have progressed in their Navy career," he said. "Other times, I'm walking through the passageway and they would give me the stare, and then I would ask them, 'You know me from somewhere?' They would answer, 'Yes, but I don't know where.' I would say, 'boot camp, at the chapel.' Then we would begin a conversation, and I would offer them the chance to stop by the chaplain's office if they needed anything."

Bejarano will graduate RDC School in September 2010 and is determined to achieve the honor of earning the prestigious red rope that RDCs wear at RTC after successfully completing the rigorous 12-week training course.

"They're intense, but not impossible," admits Bejarano of the physical fitness sessions. "But if your heart's in the right place, you can achieve every day at RDC School."

Originally from Tucson, Ariz., Bejarano said his wife Vanessa was his influence for returning

"She asked if we could come back to Great Lakes because she enjoyed being here. To her, the 'Quarterdeck of the Navy' is where she calls home. Without her support to submit an RDC package, I believe I never would have attempted it. She said, 'Submit it until they tell you no and if they say no, we'll choose a new location.' They never said no,

Bejarano recommends anyone contemplating becoming an RDC to submit their package too.

"Before you know it, you'll be transferring back to the fleet where you'll have Sailors coming up to you and thanking you for teaching them the Navy way of life. AH

> Krawczyk and Thornbloom are assigned Recruit Training Command, Great Lakes, Ill.



Lt. Cmdr. David Foster, assigned to Naval Hospital Yokosuka, Japan, and embarked aboard USS *Blue Ridge* (LCC 19), checks a patient's tonsils during *Pacific Partnership 2010* in Koros, Palau.

Blue Ridge Sailors Bring Humanitarian Assistance to Republic of Palau

ailors and Marines of the 7th Fleet command flagship USS *Blue Ridge* (LCC 19) recently completed more than 2,400 man-hours of humanitarian assistance projects at several locations on the island of Palau as part of *Pacific Partnership 2010*.

"Pacific Partnership 2010 is aimed at strengthening regional partnerships with host nations and partner nations," said Capt. Rudy Lupton, *Blue Ridge*'s commanding office.

To date, *Blue Ridge* and 7th Fleet's *Pacific Partnership* volunteers have completed six community service (COMSERV) events, including beach cleanups, school maintenance and monument restoration projects.

Along with the COMSERVs, *Blue Ridge*'s medical and dental teams have treated more than 1,300 patients, while providing subject matter expert exchanges on topics ranging from neonatal mortality to oral hygiene.

"I think it is a wonderful experience for our Health Services department to render medical and dental services," said Hospital Corpsman 1st Class Laregen Valdez.

In addition to providing humanitarian assistance, *Pacific Partnership 2010* will also provide valuable experiences to learn from civilian experts. This experience will help ensure the U.S. military is able to rapidly respond in support of emergency relief efforts in the future.

"Pacific Partnership has proven itself to be an invaluable opportunity to provide humanitarian assistance while enabling those involved to become better prepared to respond effectively to a natural disaster or humanitarian crisis," said Lupton.

Sailors have also had a unique opportunity to experience the rich culture and diversity that Palau and its residents have to offer.

"Being part of this mission is a great way to help people, and at the same time it opens up an opportunity to learn more about their culture and their way of living," said Valdez.

The fifth in a series of annual U.S. Pacific Fleet humanitarian and civic assistance endeavors, *Pacific Partnership 2010* is aimed at strengthening regional relationships with

host nation and partner nations. While this was Palau's first visit by *Pacific Partnership*, Lupton believes that much more will be gained through the visit than just providing assistance to those in need.

"We hope that the friendships and relationships we create in the coming days will be sustained long into the future," he said.

Story by MC2 Aaron Pineda, USS Blue Ridge (LCC 19).

Vinson Celebrates 200,000 Traps

USS *Carl Vinson* (CVN 70) recently reached a historic milestone with the success of her 200,000th trap on its flight deck.

The crew celebrated with two ceremonies, where cakes were presented in Wardroom III to the aviators who landed the EA-18G *Growler*, and in Arresting Gear Room 4, to the Sailors manning the V-2 engine room who manned the arresting gear for the landmark trap.

Lt. Ben Hartman and Lt. Ian Hudson, attached to Electronic Attack Squadron 129, said they were honored and surprised to learn they got the 200,000th trap.



An EA-18G *Growler*, assigned to Electronic Attack Squadron 129, performs the 200,000th trap on the flight deck of USS *Carl Vinson* (CVN 70) while the carrier was conducting fleet replacement squadron carrier qualification operations off the coast of Southern California.

"It feels good to be part of *Carl Vinson*'s history. It's a new community we're a part of, so everything is new and exciting," said Hudson. "It takes 25 years plus to accumulate 200,000 traps on an aircraft carrier. It's really surprising we got the 200,000th."

The aviators expressed how proud they were to be manning the aircraft, but also recognized the Sailors who made this monumental achievement possible.

"It definitely feels good, but it's more of a testament to the guys working on the flight deck and the arresting gear. They're the ones working hard all day, every day," said Hartman.

The team that was working hard to catch Hudson and Hartman's plane was Air Department's V-2 Division. The aircraft was caught by the arresting gear on the fourth wire, which was being manned by Aviation Boatswain's Mate (Equipment) Airman Shawn Greer.

"I'm honored to be a part of *Carl Vinson*'s history and V-2's history with arresting gear," said Greer. "Working in the V-2 engine room can be high pressure because it's not just the pilot's lives on our hands, but everyone working on the flight deck as well. That's why [we] always execute the highest level of safety."

V-2 Division is responsible for the safe recovery of all aircraft on the ship's flight deck. V-2 performs maintenance on the industrial cables that catch the planes, as well as the hydraulic machinery that assists in stopping them.

"This is a testament to the kind of Sailors we've had working this flight deck for the past 28 years," said Cmdr. Richard Wiley, *Carl Vinson*'s Air Department head. "Two-hundred

thousand traps means we've done it right, and we've done it safely for a long, long time. *Carl Vinson*, also known as the 'Gold Eagle,' has built a legacy of excellence, and it's been built by the Sailors we had out there today and the men and women who served before them."

Story by MCSA Zachary Bell, USS Carl Vinson (CVN 70).

Mountaineers Win Arleigh Burke Trophy, First Atlantic Fleet SSBN Selected in 25 Years

USS West Virginia (SSBN 736)(Gold) was recently selected as the Atlantic Fleet recipient of the 2009 Arleigh Burke Trophy, marking the first time in 25 years a ballistic missile submarine has received the honor.

The last Atlantic Fleet SSBN to receive the trophy was USS *Casimir Pulaski* (SSBN 633) (Gold) in 1985.

The Arleigh Burke Fleet Trophy is presented annually to the ship or aircraft squadron from each coast that reflects the greatest improvement in battle efficiency during the calendar year, based upon the Battle Efficiency Competition.

"This award means a lot to the crew," said Cmdr. Steven Hall, West Virginia (Gold) commanding officer (CO). "Time and again they have proven their talent, determination and teamwork in getting the job done no matter the circumstance, and this is recognition of their efforts. I am humbled by my crews' performance during the last 18 months and am so proud to be one of them!"

West Virginia's selection is a notable recognition to the SSBN community, and Capt. Kevin Brenton, commander, Submarine Squadron 20, recognized the accomplishments of the skipper, chief of the boat (COB) and the entire crew.

"West Virginia Gold's dedication and professionalism resulted in unprecedented improvement in battle readiness across the board from 2008 to 2009 and directly resulted in this significant recognition," said Brenton. "West Virginia Gold is the 'best of the best' and their improvement is a tribute to the steadfast leadership and dedication of the wardroom and chief petty officer quarters."

Highlights of the submarine's phenomenal year include receiving the 2009 Submarine Squadron 20 Strategic White "S" and Engineering Red "E." During a tactical readiness evaluation, the submarine was evaluated "above standards" by Commander, Submarine Forces.

This highest achievable grade demonstrates the superb improvement in battle efficiency and tactical readiness as compared to the overall average performance during the same inspection in 2008.

As a testament to command-wide, effective and inspirational leadership, the crew produced unparalleled retention, culminating in the receipt of the Commander, Fleet Force Command Retention Excellence Award for 2009. Officer retention increased from 50 percent in 2008 to 100 percent in 2009. Leadership at all levels resulted in the advancement of 36 Sailors, and four chief petty officers were selected and initiated.

In addition to their operational excellence, the Mountaineers dedicate hours to community service. The Gold crew conducted a namesake visit to the state of West Virginia to assist with day-to-day chores and mentor the children at the West Virginia Children's Home; a partnership both crews of the *West Virginia* have committed to biannually.

In Kings Bay, the crew adopted a school and sponsors an honorary Sailor of the Month program that recognizes students who demonstrate a positive attitude, good attendance and good grades.

"I know the competition was tough and there were other deserving commands. I am both excited and happy for our crew because I believe the CO and the crew are very deserving of this recognition," said Master Chief Machinist's Mate Julian Czeiszperger, West Virginia (Gold) COB.

Story courtesy of Commander Submarine Group 10, Kings Bay, Ga.

This Just In

USNS John Ericsson Rescues Fishermen After Typhoon

USNS *John Ericsson*'s (T-AO 194) crew of civil service mariners recently rescued five Filipino fishermen from the South China Sea 10 miles off the coast of Luzon, Philippines.

The crew rescued the fishermen nine hours after their boat capsized in rough seas as Typhoon Conson passed over the island of Luzon.

Ericsson had sortied from Subic Bay to sea to avoid the storm and was returning to Subic Bay when Able Bodied Seaman Charles Wright spotted the fishermen at 1:10 p.m., clinging to their overturned *banka* boat and waving a yellow flag.

At 1:33 p.m., *Ericsson* lowered its rigid hull inflatable boat into the sea, and 10 minutes later all five fishermen were safe on *Ericsson*'s deck, where a physician examined them.

"They were a bit shaken up because the seas were rough, but otherwise were in good health and happy to be on our ship," said Tiffany Brockman, *Ericsson*'s chief mate. "We gave them fresh clothing, new socks and boots and a nice meal."

A few hours after their rescue, the fishermen were ashore and handed over to the care of the Philippine Coast Guard.

"The crew was pretty excited to have played a role in helping these fishermen," said Brockman, noting that *Ericsson* had several Tagalog-speaking members in its crew, making communication easy. "At first, nobody was happy that we had to sortie due to the typhoon, but being able to help these mariners in need made it all worth it."

Story by Lt. Mike Morley, Commander, Task Force 73, Subic Bay, Philippines.

SPS 2010 Departs Guatemala

High Speed Vessel Swift (HSV 2) and Southern Partnership Station 2010 (SPS 2010) recently departed Guatemala after three weeks of subject matter expert exchanges.

Several U.S. military organizations including Maritime Civil Affairs Security Training Command, Marine Corps Training and Advisory Group and Navy Criminal Investigative Service participated in information exchanges with service members and civilians from the Guatemalan Defense Force.

Topics of discussion included boarding team operations, land navigation and port and physical security.



Capt. James Driver, master of USNS *John Ericsson* (T-AO 194), offers water and cash donated by the ship's crew to a group of Filipino fishermen rescued from sea after nine hours in the South China Sea.



YN1 Ursula Wilson, assigned to High Speed Vessel *Swift* (HSV 2), translates for a Guatemalan marine during the Marine Corps martial arts subject matter expert exchange in Puerto Quetzal, Guatemala.

While in country, the crew of HSV *Swift* also worked in conjunction with the Guatemalan navy to rescue seven Guatemalan Special Forces sailors when their vessel capsized during a drug interdiction.

"One of the highlights of our visit to Guatemala was the search and rescue mission we conducted with the Guatemalan navy," said Lt. Cmdr. Kenneth Creameans, SPS 2010 deputy mission commander. "It showed the excellent coordination of communications, navigation and the ability of our crew to excel in a crisis situation."

Swift's crew participated in a community relations event at Escuela De Las Pampas in Escuntila, Guatemala and had the opportunity

to build relationships and provide a lasting, positive impact for the local community.

"As with every port we visit, we have had several unique opportunities to engage with the Guatemalan community through our volunteer efforts," said Capt. Kurt Hedberg, SPS 2010 mission commander. "In our ongoing community relations, we take away with us the rich experiences gained from the one-on-one interaction working alongside host country nationals. Our crew members build bonds with the people they encounter that may stay with them a lifetime."

Throughout the Guatemalan subject matter expert exchanges, Swift crew members welcomed many distinguished visitors aboard including Alvaro Colom, the president of Guatemala and U.S. Air Force Gen. Douglas Fraser, commander, U.S. Southern Command.

"It was an honor and privilege to welcome both Gen. Fraser and President Colom on board," said Creameans. "It was our pleasure to have them tour our ship and see how military and civilian crewmen work together to make this venture on board Swift a success."

SPS 2010 Guatemala concluded with a parade and reception hosted by the crew of Swift at the Guatemalan Navy Base. The Guatemalan Defense Forces hosted the opening ceremony, parade and reception.

Story and photo by MC1 Kim Williams, HSV Swift 2. in more than a month."

USS *Michigan* Leads the Way by Kicking the Habit Early

In preparation for the upcoming Submarine Force smoking ban beginning Dec. 31, USS *Michigan* (SSGN 727) (Blue) put the smoking lamp out almost six months early, July 27, at exactly 7:27 a.m.

The date and time were chosen in honor of the ship's hull number. July 27, is known as *Tuebor* Day on board *Michigan*, currently on her second SSGN deployment to the Western Pacific. *Tuebor* is Latin for 'I will defend,' and appears on both the ship's crest and the state of *Michigan* seal.

The crew has been preparing for this major change to shipboard life. Of the 54 smokers on board, 18 personnel enrolled in a Tobacco Cessation Program (TCP) run by the ship's independent duty corpsman, Chief Hospital Corpsman Robert Ripps.

Ripps said that the program consisted of weekly meetings and nicotine replacement therapy and was successful for 17 of the smokers enrolled.

"The TCP helped me to get over the hump of needing a routine after-watch cigarette," said Sonar Technician 2nd Class Joseph Camerlin, a smoker of 12 years. "I feel really good about not smoking. I haven't had a cigarette in more than a month."

The crew supports starting the smoking ban nearly six months before the rest of the submarine fleet.

"Like everything else, we are ahead of the curve. What better day than 727 day, personally, I think it was a great choice, especially since it is my 32nd birthday," said Camerlin.

Chief Machinist's Mate Timothy Flansaas, Machinery Division leading chief petty officer, is one of the 36 smokers who did not enroll in the TCP. He successfully quit 'cold turkey' on his own and hasn't smoked since the ban was first announced.

Flansaas said he had to wrap his mind around the fact that he really didn't want to smoke anymore.

"I calculated how much money the next cigarette pack would cost me," said Flansaas.

Machinist's Mate 3rd Class Adam Vogel noticed that quitting smoking has increased his lung capacity and allowed him to run farther during his workout. To help encourage working out a way to relieve stress instead of smoking, fitness options on board have improved, including an upgraded flat screen television under the Missile Compartment Logistics and Escape Trunk, so Sailors can work out using video-based fitness programs.

"As a former smoker for more than 10 years, I understand the challenges of quitting smoking. It is extremely hard to stop when you are at sea. We want our Sailors to be successful, so we decided to put the smoking lamp out during this mission cycle," said *Michigan* Command Master Chief Victor Smith.

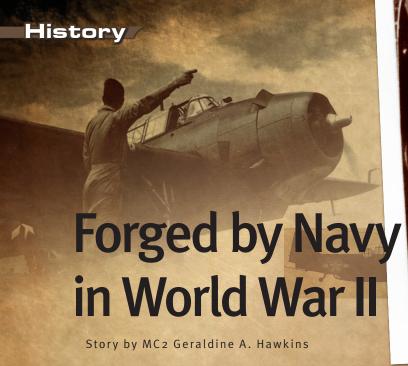
"By putting the smoking lamp out now, toward the end of the mission cycle, the command's plan is for the Sailors to quit on board the boat, and then go into the homeport training period with a fresh start and plenty of support from their family and friends," said Smith.

"The day we extinguished the smoking lamp on board is a significant event in the lives of our Sailors. I cannot think of a more appropriate day to start a new and healthier life than 727 day," said Smith.

Story by ET1 Gary Heppen, Commander Submarine Group 9, Bangor, Wash.

USS Michigan (SSGN 727) arrives at Busan, Korea. Michigan put the smoking lamp out almost six months ahead of the smoking ban in submarines.





hen Lt. George H.W. Bush climbed into his life raft near an enemy-held volcanic island Sept. 2, 1944, and realized his two crewmen had perished when their TBM Avenger went down, he faced one of many defining moments of his life.

During World War II, Bush was a pilot aboard the aircraft carrier USS *San Jacinto* (CVL 30). The ship flew the Lone Star flag from her masthead below the Stars and Stripes, as she had been constructed from funds raised by Texans and named for the site of a victory by Sam Houston in 1836.

Bush was a popular officer, although shipmates made fun of the fact that he had four names. He was usually called *GeorgeHerbert-WalkerBush*, all in one breath. He also stood out as "a stand-up guy," who didn't smoke, drink or cheat on Barbara, the young woman to whom he was engaged.

Nevertheless, "He was a lot of fun, a live wire," fellow pilot Jack Guy said of Bush many years later. "I don't know anyone who didn't like him for any reason."

Aviation Machinist's Mate 2nd Class Frank Paoletti was tasked with maintaining Bush's aircraft, an *Avenger*, and making sure Bush was safely buckled into his harness before each flight.

"I never realized anything about Mr. Bush's background, that he came from a well-to-do family, until after he left the ship," Paoletti said. "We were never buddies, but in my book he was a top-class guy – a real nice Joe.

"Nobody was interested in your background or anything about whether you'd gone to some privileged school or not. The only question was, 'Can you do your job?'"

On May 2, 1944, *San Jacinto* was assigned to Task Force 58/38, the fast-carrier striking force of the Pacific Fleet commanded by Adm. Mark A. Mitscher.

Exactly four months later, as Bush and his two crewmen, radio operator Del Delaney and ordnance officer Ted White, dove their Avenger through enemy fire toward a Japanese radio tower on the volcanic island of Chichi Jima, 150 miles north of Iwo Jima, the plane was hit at 8,000 feet and caught fire.

Bush remembered, "The plane was lifted forward, and we were enveloped in flames. I saw the flames running along the wings



where the fuel tanks were and where the wings fold. I thought, 'This is really bad!"

Bush continued his mission and dropped his four 500-pound bombs on the radio tower. Bush considered landing in the water but quickly realized it was not an option. The crew would have to bail out. Bush got on the radio and notified the squadron leader of his decision. The leader radioed back, "Received your message. Got you in sight. Will follow."

Bush continually repeated the command to bail out. When he heard no response from his crewmen, and could not see them, he believed that Delaney and White had "hit the silk" as soon as they heard the order.

Bush finally bailed out of his flaming plane. Upon landing in the water, a plane overhead drew his attention to the life raft floating approximately 50 feet away. Bush swam to it and climbed aboard only to realize that the emergency container attached to the raft was ruined, and he was without paddles and fresh water.

He also knew that if assistance did not arrive soon, he would either be captured by the Japanese or die soon from exposure and thirst.

Bush never forgot the gratitude he felt when, two hours later, the periscope of USS *Finback* (SS 230) appeared. The squadron leader had radioed the raft's position to *Finback*, the submarine on lifeguard duty.

The next day, Bush wrote to his parents from the submarine: "I will have to skip the details of the attack as they would not pass the censorship, but the fact remains we got hit. ... There was no sign of Del or Ted anywhere around ... I'm afraid I was pretty much a sissy about it 'cause I sat in my raft and sobbed for awhile. ... I feel so terribly responsible for their fate. My heart aches for the families of those two boys with me."

Bush could have rotated home, but instead he went on another eight bombing runs, in all performing 58 combat missions and 1,228 combat hours over Chichi Jima, Rota, Marcus Island, Guam, Manila Bay, Saipan and Wake Island.

With characteristic modesty, Bush said he never understood why he was given a medal for having been shot down.

Hawkins is assigned to Defense Media Activity – Anacostia, Washington, D.C.

EA1(SCW) Richard Lang

Story by MC2(SCW) Brian Coverley

After 19 years of activeduty service, just as EA1(SCW) Richard Lang was beginning to prepare for the life of a military retiree, the Navy asked him to do one more thing.



EA1(SCW) Richard Lang conducts a soils composition test essential for building of new facilities in Paktika, Afghanistan.

Lang's current assignment as an IA with Provincial Reconstruction Team (PRT) Paktika, Afghanistan, is an example of a nontraditional close to a career.

"I am a 19-year active-duty Navy Seabee stationed with Amphibious Construction Battalion (ACB) 1, San Diego," the Walcott, Iowa, native said. "I found out about my orders about two days after I had submitted my transfer to Fleet Reserve paperwork. I was quite surprised. Here I was, preparing to retire from the Navy and now this one-year IA showed up."

But Lang didn't contest the orders, demonstrating the flexibility for which service members are known, and epitomizing the 'Can Do' spirit the Seabees have employed. With these characteristics, and as an experienced Seabee, Lang's transition and adjustment into the Afghanistan theater and PRT Paktika – despite his impending retirement – proved easier.

"I'm an engineering aide – I'm trained to do surveying, drafting and soils consistency testing," he said. "As a Seabee, I have been on job sites for my entire career so Paktika was definitely right in line with my job. We perform security, interfacing with the provincial governors, and lead the reconstruction efforts in Paktika."

The particulars of those efforts have kept Lang's team engaged, and his role has direct impact on a daily basis.

"My responsibilities include performing quality assurance of local Afghan construction projects such as road construction, medical clinics and schools," he said. "We contract out construction projects to local province contractors. They do all of the construction themselves, and we mentor them in proper construction techniques and practices."

Lang also said the very nature of the job often sees members of the Paktika PRT in areas which can be dangerous, but added his responsibilities ensure success on the rebuilding efforts in which the Paktika PRT is involved.

This involves a lot of time 'outside the wire,'" said Lang. "But it's the only way we can coach, teach and mentor the locals in proper construction practices to get a quality end-product. I also perform

as a contract specialist managing the construction contracts and as a pay agent ensuring the contractors are paid after reaching their construction milestones."

Current projects in which Paktika PRT personnel are involved include contracting and performing quality assurance for two roads and a four-kilometer water canal, according to Lang. He also said Paktika PRT personnel are involved in the purchase and delivery of orchard tree saplings, vegetable seeds, fertilizer and related supplies, an effort designed to strengthen the agriculture system through contracting of local agricultural advisors to give practical training and instruction directly to farmers in best management practices.

Although initially unaware of what to expect upon arrival in Afghanistan, Lang approached the situation with an open mind.

"It has been very exciting to be active in the community with village elders and their people – they really want to better their situations," he said. "I sat with them and their sub-governor, and we discussed what their government can do for them. We had tea, ate local food and talked about what they really want and need from their government to help them in their daily lives. The IA tour let me see what is really going on in Afghanistan and has given me a clearer picture of a country that has been at war for more than 20 years. The people are no different from any of us – they want the necessities of life for their families and to live in peace."

While some service members presented an IA or GSA billet might feel at odds with the assignment – particularly those looking to retire soon – Lang said the opportunities a tour such as this have to offer have been rewarding.

"I would recommend this tour to Sailors," he said. "You can be automatically board-eligible for chief if you're a first class and eligible, and it allows you great experiences 'outside the wire,' not in the base compounds. It's a terrific opportunity to do something out of your rating and really make you feel like this is what the military is supposed to be doing!"

Coverley is assigned to Defense Media Activity – Anacostia, Washington, D.C.

Demetrius Lester

